



**ARL is an Authority on Nutrition
and the Science of Balancing Body
Chemistry Through Hair Tissue
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Weight Gain / Loss While on a Nutrition Program

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Weight Gain / Loss While on a Nutrition Program

Many people wonder why they gain or lose weight while on a nutritional balancing program. There are many reasons, including changes in the oxidation rate, changes in glandular balance and water retention. Let us examine several of these factors.

Weight Gain In Slow Oxidizers

Many slow oxidizers expect to lose weight as their oxidation rate increases on a nutritional balancing program. At Times, this is exactly what occurs. Improved thyroid and adrenal gland activity enable the body to utilize food more efficiently. This causes a natural adjustment of weight. However, at times weight increases for several reasons.

Enhanced digestion and absorption of food may cause a weight gain. Elimination of copper from the liver enhances bile secretion and improves digestion. Higher tissue sodium enhances gastric hydrochloric acid secretion, which enhances digestion.

Increased food intake due to a better appetite can cause weight gain. This is particularly true if the diet is unbalanced usually too high in carbohydrate foods.

Water retention due to a higher tissue sodium level may cause weight to increase. Aldosterone, an adrenal hormone, controls sodium retention. As the adrenal glands improve, increased aldosterone production increases tissue sodium and may contribute to temporary water retention in the tissues.

A higher insulin level may cause starches and sugars to convert more readily to fat. Blood sugar and insulin rise as the oxidation rate increases.

This weight gain may be offset by eating foods that cause the least rise in insulin levels. These are called foods with a low glycemic index. They include pasta but not bread, rice but not rice cakes and sweet potato and yams, but not white potatoes.

Decompensation. Shifting the balance of the adrenal glands and thyroid gland sometimes causes weight gain. For example, in some slow oxidizers, the adrenal glands are weak and the thyroid gland is overworking in an attempt to compensate for low adrenal activity. As the adrenal glands improve, the thyroid no longer has to compensate for weak adrenal glands. Thyroid gland activity may decrease as part of the rebalancing process. As the thyroid slows, weight gain can occur.

Psychological causes for weight gain: As a slow oxidizer regains energy and improves body chemistry, awareness increases. Specific changes in a slow oxidizer associated with increased awareness are a lower calcium level, a lower copper level and a more normal sodium/potassium ratio. Increased awareness has many benefits, however, it can be frightening. A gain in weight can be one form of insulation, protection or withdrawal that occurs as a response to the stress of increased awareness.

Weight Gain In Fast Oxidizers

Slowing the rate of metabolism in some fast oxidizers causes weight gain. This is particularly true if the fast oxidation rate was associated with poor eating habits and a hyperactive temperament in general.

Adding fats and oils to the diet without cutting down on carbohydrates will cause weight gain. Fats and oils alone will usually not cause weight gain. However, if fast oxidizers eat excessive carbohydrates, weight gain can easily occur.

Excessive calories in the diet from fats and oils rarely causes weight gain in a fast oxidizer.

Weight Loss In Slow Oxidizers

Too few calories in the diet of an underweight slow oxidizer can cause weight loss. A faster oxidation rate may permit and require more food.

This is particularly true of those who follow a strict anti-yeast or anti-candida diet. They often lose weight because they eliminate from their diet calorie-rich foods such as wheat, cheese, fruit, fruit juice, beer, wine and sometimes other carbohydrate foods as well. More food, or a wider variety of foods are needed in these instances.

Increased circulation which helps one eliminate toxic metals and other unhealthy substances can cause a temporary loss or gain in weight. This change is healthful. Many people carry unhealthy weight that is lost as body chemistry and metabolism become more balanced.

Weight Loss In Fast Oxidizers

Reducing a high sodium level in a fast oxidizer can cause weight loss. The reduction in tissue sodium causes a loss of water weight.

Reducing elevated cortisone and insulin in a fast oxidizer may cause weight loss. Overactive adrenal glands is characterized by excessive weight around the middle and along the shoulders. As the oxidation rate becomes normalized, this unhealthy weight will be lost.

Hints For Normalizing Weight

The following apply to both slow and fast oxidizers and will often help those who wish to gain as well as those who wish to lose weight.

Cheat very thoroughly. This greatly helps digestion. Chew each bite at least 10 times. This takes some practice.

Quiet, sit-down meals of whole, natural foods are also excellent to normalize weight. Avoid refined and junk foods that are loaded with hidden salt and calories.

Drink enough water, but avoid drinking a lot of water with meals. Drinking with meals may dilute stomach acid. It is best not to drink 15 minutes before a meal and not for 1 hour after meals.

Extra digestive enzymes may also help normalize weight by aiding digestion.

Exercise, relaxation and deep breathing every day are very helpful.

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